

What is claimed is:

1. A composition which produces weight loss in a patient comprising a combination of selected herbal extracts wherein said combination comprises at least one herbal extract capable of inhibiting gastric emptying and one herbal extract which increases metabolic rate in a patient.
2. The composition of claim 1 wherein the combination of selected herbal extracts comprises Guarana, Damiana, and Paraguay.
3. A method of reducing weight in a patient comprising administering to a patient a composition of claim 1 so that gastric emptying is inhibited and metabolic rate is increased in the patient.